



WHALES AND WILDERNESS GLAMPING

gluten-free



We're happy to welcome guests with diverse dietary requirements on many of our tours. Here's how we can accommodate you.

DAY ONE

APPIE: baked brie & crackers

DINNER: ling cod, herbed potatoes, glazed carrots, & salad

DESSERT: almond orange cake

GF SUBSTITUTES

APPIE: gf crackers

DAY TWO

BREAKFAST: scrambled eggs, bacon, croissants, fruit, granola & yogurt

LUNCH: quinoa salad, sandwich spread, cookies & fruit

APPIE: charcuterie board

DINNER: alfredo pasta, chicken, roast veggies, & caesar salad

DESSERT: flourless chocolate torte

GF SUBSTITUTES

BREAKFAST: gf english muffin

LUNCH: gf bun, gf cookies

APPIE: gf crackers

DINNER: gf pasta

DAY THREE

BREAKFAST: crepes, breakfast sausage, & fruit

LUNCH: southwest bean salad, tortilla chips, hummus, cookies, & fruit

APPIE: bruschetta

DINNER: local spot prawns, bbq veggies, rice, & tofu

DESSERT: fruit galette & whipped cream

GF SUBSTITUTES

BREAKFAST: gf crepes

LUNCH: gf cookies

APPIE: gf bruschetta

DESSERT: gf dessert

DAY FOUR

BREAKFAST: frittata, english muffins, yogurt, granola, & fresh fruit

LUNCH: lentil salad, pita, hummus, tzatziki, veggies, fruit, & brownies

APPIE: hot artichoke dip

DINNER: pork tenderloin, potatoes, beets, & spinach salad

DESSERT: crème brûlée

GF SUBSTITUTES

BREAKFAST: gf toast

LUNCH: gf pita, gf brownie

APPIE: gf crackers

DESSERT: gf dessert

If your dietary requirements exceed the substitutions listed above, please contact our office at info@kayakingtours.com.

Additional charges may apply.



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DAY FIVE

BREAKFAST: pancakes, bacon, & fruit

LUNCH: sandwiches, energy bars, & fruit

GF SUBSTITUTES

BREAKFAST: gf pancakes

LUNCH: gf bread

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